

University of Alaska Southeast

# WHALE SONG

November 9, 2015

The Official Student Newspaper of UAS



CRISPR and  
Gene Modification  
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Gala in the  
Graveyard  
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Save the  
Seahorses  
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## ON THE COVER...

The Windfall Lake Cabin, maintained by the Forest Service, is located on the lake and accessible by a three mile hiking trail. Alexa Cherry and Austin Hales are seen here coming down the last hill to the cabin. They were the vanguard of the eleven person group that took part in the Residence Life-organized camping trip.

(Photograph by Brittni Wisner)

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## — UAS Answers — *Everybody's got one ...*

*What do you do to wind down after classes?*



"I like to listen to Broadway music, or write."

-Haley Crider



"Chill while listening to some tunes, maybe go on a walk."

-Vaughn Eklund



"Talking with my friends after school is a great way to get stress off my chest."

-Manni Guillen



"I like to roll my tennis ball around with my feet to help me chill out."

-Kevin Koenig



"I like to eat dinner after classes with my friends and unwind before starting my homework."

-Samantha Rice



"I like to wind down with some video games on my Wii-U."

-Zach Swanson

# — Letter from the Editor —

**BY DANIEL PISCOYA**

*for the UAS Whalesong*

One of the biggest challenges that faces us as inhabitants of a global society is that Aristotle's famous imperative to "know thyself" becomes a truly enormous undertaking. I don't know exactly what identity was like in ancient Greece, but I know that today, it's a really hard thing to pin down. Even if I simplified my identity down to that old saying, "you are what you eat," I'd still have a lot of trouble saying where I was from. I'd be bottled in Texas, or slaughtered in Arkansas. I'd be baked in Colorado, or imported from Ontario. If, instead, "clothes make the man," I'd mostly be made in Taiwan or Honduras. As citizens of this world, we are more tangled up with other people and other countries than we really realize, and, when it comes down to it, more of our identity is Made in China than it is Alaska Grown.

In other words, getting to know ourselves and our identity requires less of an introspection or meditation, and more of an attention to the structures we live in, and how they connect us to other places and people. Paradoxically, self-awareness has to be an awareness of the rest of the world, too.

Now, I'm told that the last two editors before me, namely, Chrystal Randolph and Richard Radford, held a certain philosophy or outlook when it came to the Whalesong and the purpose of this paper. Richard specifically held that the Whalesong should function

as an extension of the mission of UAS. The mission of our university is clear enough; it can be seen explicitly stated on our website:

The mission of the University of Alaska Southeast is student learning enhanced by faculty scholarship, undergraduate research and creative activities, community engagement, and the cultures and environment of Southeast Alaska.

Chrystal Randolph concurred, and I do not disagree, either. However, I do wish to elaborate.

The mission stated above makes it very clear that the University's proper concern is, first and foremost, student learning. It is not only the first thing listed, but also the object of everything that comes after. "Faculty scholarship," "creative activities," or "community engagement" all are aimed at student learning. "The cultures and environment of Southeast Alaska," then, are not only the context, but in part, the content of student learning.

The Whalesong, as an extension of this mission, aims to do what I described in my first paragraphs: to situate ourselves in our context and know more, not only about what surrounds us, but by this knowledge, understand more about ourselves. We are an extension of the university's mission, and we are also the voice of the university itself. Neither of these things have been done perfectly, but that is why it is a constant, self-corrective process (and by self, I mean selves. You,



too, can give input).

This semester, I have tried to open the newspaper to any and all people who want to contribute. We now have spaces for the Health Center, Study Abroad, and Student Government. But it doesn't have to end there. Any student, club, or department is welcome to submit articles, or take out advertising space. If we are going to try to represent the university, we cannot do it in word alone, but in sheer open space. Take control. Take control of your voice!

*Feel free to contact Daniel Piscoya at [dlpiscoya@uas.alaska.edu](mailto:dlpiscoya@uas.alaska.edu) or at the Whalesong email at [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu).*

## THE WHALESONG IS ONLINE!

Come take a look at our website at  
[www.uaswhalesong.com](http://www.uaswhalesong.com)  
for articles, photos, and more!

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# — Health Corner: Coping with Stress —

**BY KRISTINA MOORE**

*For the UAS Whalesong*

Stress is a natural part of life and affects all college students to some degree. However, today's college students have more external responsibilities than ever before. Today, more than half of college students hold full or part time jobs on top of rigorous academic responsibilities. Common stressors in college life:

- Being away from home**, perhaps for the first time
- Changes in family and social life**
- Financial responsibilities**
- Exposure to new people and experiences**
- Substance use**
- Increasing awareness of one's sexual identity and orientation**

Stress impacts us physically, mentally, emotionally, and socially. It can cause exhaustion and illness and can make us more prone to accidents. It can also lead to chronic absences, trouble keeping up with deadlines, and a drop in grades. Do you recognize signs of stress in your life?

Too much stress can leave us feeling overwhelmed, making it difficult for us to cope, and can lead to

anxiety and having difficulty functioning. National college health studies have shown that one-third of college students have difficulty functioning due to depression, and over half experience overwhelming anxiety. And chances are, those numbers may be higher for our community, due to the extended darkness in the winter months. So if you are overwhelmed, you are not alone.

When stress leaves us feeling overwhelmed, what can we do to feel some relief?

-**Don't be afraid to say no.** Chances are, you know your own limits. If you are already stretched thin do not be afraid to say no to extra responsibilities or activities that will stretch you even thinner.

-**Give yourself a break.** Allow yourself time to take a walk and get some fresh air, visit with a friend or family member, or grab a hot drink to calm your nerves.

-**Get organized.** Find a system that works for you, whether it be a calendar with assignment due dates, leaving notes for yourself, setting alarms in your phone, and so on. Reduce your chances of missing deadlines, which is a common source of stress for

students.

-**Eat well.** Eating well-balanced meals and avoiding refined sugars can help to keep your moods stable and improve your ability to focus.

-**Get enough sleep.** Try to shoot for at least 7 hours of sleep each night. Sleep is when your mind stores all of the information that you learned during the day, and when your body re-charges.

-**Laugh!** Laughter releases hormones in our body that help to calm us down. If you need a little help getting started, head to You Tube and type in "Very excited pug" ... and share!

If you would like more ideas for coping or are feeling overwhelmed and need some extra support, you are very welcome to contact the UAS Counseling Center.

My name is Kristina Moore and I am a senior in the UAF Social Work program. I will be a practicing social worker for the rest of this school year, working with Margie Thomson in UAS Counseling & Disability Services. I am happy to be here to support students with their counseling & disability needs.

# — Study Abroad: Greece —

**BY SARAH THROWER**

*For the UAS Whalesong*

Growing up, my main travel inspiration came from stunning photographs of Greece that I would find in National Geographic or other various magazines. I loved to cut out photos of the white sand beaches, blue waters, little villages, and ancient temples and turn them into collages of my dreams for the future. I had always known I would travel there someday, but last fall, when I was looking into study abroad opportunities I was thrilled to find out that 'someday' had come sooner than expected.

Originally I had planned on studying in France but while snooping around the AHA (now GEO) website I discovered a program in Athens that was right up my alley and I was immediately sold. I'm a BLA major with concentrations in history and art, so for me the idea of studying in one of the most historically and artistically influential places in the world was a dream, and the classes offered through the program were not only intriguing, but filled my degree requirements and transferred as 3-credit courses.

I had two amazing professors who were incredibly knowledgeable in their fields and passionate about teaching. I learned everything I ever wanted to know and much more about the ancient Greek world and its incredible influence on modern art, literature, philosophy, architecture, warfare, and especially democracy. My study abroad group was able to travel to and study many important sites around Greece, which made it an incredibly unique and a hands-on learning opportunity. My professors had access to several

places that a regular tourist would not have had access to on their own, like the Parthenon and some off-limits museum collections. I felt as if I had a personal tour guide for the entire trip.

While studying abroad I gained a new skills surrounding communication. I only knew a few words in Greek, and, although many people speak English, oftentimes there was a complete language barrier that required non-verbal communication skills. It's amazing how important patience, a kind smile, and a humble demeanor can be in a confusing situation.

I became much more self-reliant because of my experience, and a lot of that came from taking opportunities to travel solo. I visited a few of the islands by myself over spring break which definitely put me out of my comfort zone. But also, just getting out and exploring the city on my own was very empowering and I gained a new sense confidence.

My advice for anyone who chooses to study away is to take advantage of where you are and participate in as many opportunities that you possibly can. You never know when you are going to find your favorite food or see an amazing art show or have an awesome night out with your friends. There were a lot of awesome things I was able to do, and I definitely regret some of the opportunities that I missed, but I had a great time. I learned a lot about the location and myself. I saw things I'd never see in the US. I experienced discomfort and dared to try new things, and am all the better for it. Get out and challenge yourself.



Photos courtesy of Sarah Thrower.



# Student Government

## — Update —

**BY CALLIE CONERTON**

*For the UAS Whalesong*

Hello fellow students! Hope midterms didn't wipe you out! We have been actively trying to reach out to the student population and we have started Monday Morning Coffee with Student Government. We would love for you to come our office and tell us what is on your mind, whether it is something that is bugging you about your classes or an idea that you have that could make our campus a better place for all of us students, we want your ideas! This will be every Monday from 10:30 to 1 pm and we will have fresh coffee and yummy snacks!

We recently have given out some travel grants to students who are looking to not only pursue their education but really dive into certain aspects of their studies. We really enjoyed Halloween as we had many departments, staff members and students dress up and enjoy the holiday. President Conerton attended the Board of Regents Meeting in Anchorage the first week of November and attended a retreat with the Coalition of Student Leaders; the Student Governments of the University of Alaska system as a whole. We will be looking into our favorite week of the semester - De Stress Fest Week! If you have any ideas of what you would like to see on campus the week before finals, please let us know! You can always come by the office at any point, we do have K-cups for your coffee needs and would love to talk to you about how your experience has been at the University and how we can make it even better! Our office is located in Lower Mourant right across from SAB by the elevator. You can email us at [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu) and or call 796-6517 to reach us! Also check us out on Facebook - [www.facebook.com/USUAS](http://www.facebook.com/USUAS)

### **Member Biographies (Continued):**

#### **Vice President Naawéiyaa (Austin) Tagaban**

Austin Tagaban was born and raised in Juneau. He is pursuing a Bachelors of Liberal Arts with an emphasis in Alaska Native Languages and Studies. Austin is Tlingit from Khóok Hít, Cherokee, Pilipino, and English.

#### **Senator Naomi Edenshaw**

Hello, my name is Naomi Rose Edenshaw. She is 18 years old. She has five brothers and one sister. She is the daughter of Rosalind Washington and Ivan Edenshaw. She is the granddaughter of Doreen Washington and Paul Washington. She is Haida and Tlingit of the Eagle clan. She was born in Ketchikan, Alaska and raised in Hydaburg, Alaska. She stayed there until she was about five years old. In 2002, she moved to Anchorage, Alaska, and stayed there until she was in the eighth grade. After six years, she moved to Saint Paul Island, Alaska for the rest of school. She was the Valedictorian of her class of seven people.

What does her future look like? In the future, she plans on becoming a lawyer. She intends to become a prosecuting attorney. Her goal is to attend an Ivy League college. Her dream colleges are Harvard, Princeton, Yale, and Stanford. In the upcoming week, she wants to apply for those colleges. If she gets admitted to one of my dream colleges, then she will attend there next year. Furthermore, she is proud to be going here to the University of Alaska Southeast and having a great time with her first year experience. Go Whales!

#### **Senator Griffin Plush**

Griffin is a freshman in the Social Sciences program. He works at the REC Center and is the student representative of the Sustainability Club. In the summers he works at Kenai Fjords National Park as an interpretive Ranger. He also serves on the boards of the Alaska Center for the Environment and Alaska Conservation Voters.

# — The Game is On —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

Post-Halloween and pre-Christmas break is perhaps the most stressful time of year for students, because it heralds the arrival of final tests and projects. And, while I do not promote blatantly ignoring your problems until they go away (because most of the time, they won't), sometimes you do need to just stop and give yourself a little break. And I think that video games are a great way to do that! But before you skip away from this article, muttering something derisive about gamers – give me a chance. I'm not talking about *Call of Duty* or *Halo* or *World of Warcraft*, here. I'm simply referring to a selection of calming, distracting games that I've found floating around the internet that I find both distracting and relaxing. I thought I would share what I've found with those of you who might want something to do on your computer during your 15-minute study breaks, or in the evenings after you've just finished a huge assignment but still have a bundle of nervous energy you need to get rid of.

For the latter in particular, I would highly recommend the PlayStation game *Journey*. This is a game in which you play as a traveler with one goal: to reach the top of a mountain you can see in the distance. This game has amazing art, a fantastic soundtrack, and no dialogue, even in online mode; the only way you can communicate with your partner (of which you are only allowed one at a time) is through melodious chirps, of which you get to choose the frequency and volume. *Journey* has been described as an “interactive piece of art,” and that's honestly what it is; it's a very relaxing experience that only takes roughly 2 hours – about the length of a movie – to play, and will leave you feeling much calmer and better about yourself and the world. For reference, I got my mother to play it and she enjoyed it, and my mother only plays Mahjong and 200 variations of Solitaire. I'm assuming if you own a PlayStation system, you already play games to a degree – but if you don't, or if it's your friend's PlayStation and they have the game, give it a go!

As for computer games, one that is fun (though maybe a little less in the vein of relaxing, depending on how you play it) is *Agar.io*. It's an online game – and that's literally the URL, *agar.io* – in which you play as a cell, trying to eat other cells and become The Biggest Cell. That's all there is to it, and you only use the mouse and two keyboard controls, the W key and the space bar. It's a very low-maintenance game as far as games go, and has a neat edge of competition to it that's easy to become accustomed to if you get into it. There are also plenty of YouTube videos and tutorials out there for those seeking to reach the top of the leader board – or, if you prefer to take a calmer and perhaps more relaxing approach to your virtual cell consumption experience, I like to play on teams, so that not everyone is out to get me at once.

Back in high school, I discovered the game site Orisinal [full URL: <http://www.ferryhalim.com/orisinal/>]. This site provides a multitude of small, simple, quiet games with relaxing atmospheres. There is one sort of like Pong, where your entire purpose is to help as many deer as possible cross a gulch; another one of my favorites involves using your mouse to help a bunny bounce up into the stratosphere using bells that ding melodically when you jump on them. I think that these games are good for relaxing because they have no end goal apart from “try to get a higher score than you did last time,” and they are all really simple and easy to get a hold of. Each game is also accompanied by a lovely, peaceful song; sometimes I load them up just to listen to the music.

Now, since I mentioned them earlier, let's not knock the most basic of default computer games. Solitaire and Mahjong are perfectly valid and reasonable games to play for relaxation and recuperation; neither of them are very complicated, they're easy to get the hang of (though not necessarily easy to win – I will confess to a 30 percent win rate at Solitaire on my personal computer), and I think they come standard on at least every PC computer. If not, they're easy to find online.

I'm sure a quick Google search can reveal to you still more relaxing, short games with which you can occupy your spare time and energy. Of course, you need to sleep and eat and take care of yourself, too, so don't devote too much time to these. (Some of them can become a little addicting.) But it doesn't hurt to treat yourself after a hard study session or test! Go on, you've earned it. But if hardcore gaming like *Skyrim* is how you prefer to relax with video games, just remember: *if you die in the game, you die in real life!*

Haha, nah, I'm just kidding. But seriously, eating 47 virtual cheese wheels does not supplement your mortal IRL shell. Go eat a Pop-Tart or something.

# REGISTRATION IS COMING



REGISTRATION FOR SPRING SEMESTER BEGINS  
NOVEMBER 9, 2015

SCHEDULE AVAILABLE AT [UAOnline](#) OCTOBER 26



# — #nature —

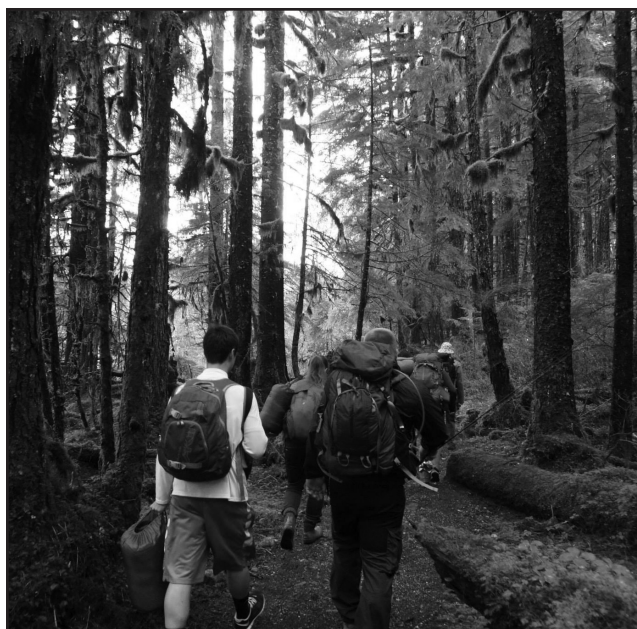
**BY ALEXA CHERRY**

*For the UAS Whalesong*

If you have spent over an hour in my immediate presence, you've probably heard me voice something regarding my distaste for nature. That being said, it then becomes understandable that several people have approached me regarding my participation in the recent camping trip up to Windfall Lake Cabin that UAS Housing put on. So in answer to the not-infrequent question "Why did you go camping?", I respond that my reasoning was precisely because I do hold little affinity for nature. I don't like being outside, amongst the elements, "roughing it" in the style of true Alaskans – but I still know how to go camping, and enjoy doing so occasionally, and I have also read many writings that extol the virtue of the Great Outdoors™ and Fresh Air®. Also, I have a Very Alaskan Father who makes fun of me if I don't do at least one outdoorsy thing each year.

But on this particular occasion, there was even more to it than that. On this particular occasion, my presence on the Windfall Lake Camping Trip of 2015 was a serious case of Hardcore Investigative Journalism to compare it with the Windfall Lake [Winter] Camping Trip of 2014. That was an Experience of an entirely different kind from regular camping, filled with snow and ice and wet goopy marsh and a 5-hour hike in the rain and dark with failing flashlights. (There are some who would argue that the hike took us only 3 hours. I will maintain to my deathbed that it took us 5.) So, my participation in this camping trip was as much to see if conditions had improved and the housing department had listened to our feedback from last year as it was for my own personal edification and exposure to the outdoors.

The first notable thing about the trip was that we left much earlier in the day – like, while it was still technically daytime. For those of you who may be new to Alaska (exchange and/or transfer students, I'm looking at you), you may have noticed that the sun is rising increasingly late and setting increasingly early. On last year's hiking trip, we left at around 4:30 and it was pitch black by the time we even got out of the vans. This year, we left at 1 in the afternoon, while the sun was still (relatively) high in the sky, and there was hope yet in the world that we might reach our destination before it set. And it turned out that we did! We had the dual benefit of both



gorgeous weather, and a fairly dry trail – honestly, anything was an improvement over inches of solid ice, which was what we'd had to deal with the previous year. And while I didn't time the hike out to the cabin, it definitely took us far fewer hours this time around – I would argue about 2 at the most, but again, I wasn't really paying attention. I was more focused on the fact that I was able to walk without being in constant fear that I was slip and fall to my death – or if not death, then discomfort for the foreseeable future.

Anyway, we made good time to the cabin and we were dry and I got to claim a spot on the top bunk and everything was working out great. The resident outdoor magazine model, Austin Hales, decided to go out on the lake in his beanie and plaid; since it had been a long time since I'd been in a canoe, I decided to join him. By the time we reached the far end of the lake, I had remembered exactly why I had been avoiding canoes, but that's the thing about nature: once you're in it, you have to work to get back out. So we drifted around for a little while, I shouted about shark sightings every time a trout dared to make an attempt at surfacing, and then Austin paddled (and I struggled with paddling) us back to shore, where I promptly almost fell out of the canoe. A promising start.

Darkness fell in the way it falls in Alaska, which is slowly and then all at once – sort of like when you're trying to measure out honey, or something equally dubiously goopy. Along with it came the realizations that the heater in the cabin barely worked, and also that hiking 3.3 miles in multiple layers with a heavy backpack and sleeping bag on your shoulders dampens your clothes and makes them absolutely frigid. I struggled into pajamas underneath my (damp) sleeping bag and watched no fewer than three attempts be made to start a fire; then dinner was served, and one of the most raucous games of Catchphrase I've ever experienced ensued. For those of you unfamiliar with Catchphrase, the general premise is this: you pass around a device that gives you a word, and your job is to describe the word in a way that enables the other members of your team to guess what it is without saying the actual word. Also, you're being timed, which tends to lead to panic; one of the most memorable exchanges was when the person describing their word said "The author of Lord of the Rings!" and someone shouted "C.S. LEWIS" in hysterical response. I was briefly worried that they would be evicted from the cabin and forced to spend the rest of the night out in the cold, but fortunately that didn't happen.

After going to bed at 9:45 (being out in nature will incite early bedtimes in even the most insomniac-prone college student), I woke up fairly early the next morning to find an influx of people entering and exiting the cabin in a quest to still further experience the outdoors. It was another beautiful day, and I spent most of it consuming bacon (the only thing packed for breakfast food, and something I was perfectly content not to pair with anything else) and joining my camping buddies out on the porch and dock to watch the sun rise and the mist spread across the lake. Many of them vocalized great enthusiasm for the wilderness and beauty, and I made non-committal noises while trying not to shiver too hard. Austin Hales and Paul Dorman fished off the dock. Daniel Piscoya played Celtic music on a tin whistle. Brittini Wisner stood in the rising sun and read aloud from a book of love poetry she'd found on a shelf in the cabin. I brooded internally about the lack of internet access. I think at some point, someone played Taylor Swift on their iPod.

And then we packed up and left! The hike back was uneventful;



there was a brief X-Files moment when the three or four of us who were leading the pack looked back and discovered we'd lost most of the group, which had just been behind us not three minutes prior; it turned out they'd stopped to take pictures, but this information came to light after I'd already started making a plan for us to escape from the alien camper-snatchers that were obviously canvassing the area. At least I have an outline in case it happens again, though. We took a group picture, in which I look like I'm almost falling over backwards because I am (someone decided to lean on my backpack and it didn't agree with my spine), and then we got on the return bus and played more Catchphrase until we pulled back into the housing parking lot.

All in all, I would call the trip a rousing success. No one was injured, the weather was beautiful, I now know the answers to probably a little more than half of the Catchphrase prompts, and I got a taste of the much-extolled Fresh Air®. I can't help but compare the trip to last year's, because as I recently learned over the course of my Travel Writing class, it's frequently the tales of the struggle and hardship experienced that make any travel story truly great. But I got some exercise, drank a lot of tea, and I got to eat some Really Good Bacon – so hey, it's all a win in my book.



**Clockwise from left: The group - pictured here about mid-way to the cabin - hikes through the woods on the Forest Service-maintained Windfall Lake trail; Whalesong Senior Staff Writer**

**Alexa Cherry surveys the lake from the cabin porch; The group poses for a picture before leaving the cabin.**

**Photos courtesy of Brittini Wisner.**

November 9, 2015

UAS WHALESONG

## EVENING AT EGAN

UAS FRIDAY LECTURE SERIES IN THE FALL

FREE  
AND OPEN  
TO THE PUBLIC

**FRIDAY, NOV. 13, 2015**

### A FULBRIGHT SCHOLAR IN ISRAEL

**Sherry Tamone, Professor of Biology**

Professor Sherry Tamone was awarded a Fulbright Scholar Research Award to study crustacean biology in Israel for four months. The presentation will highlight the important role of the Fulbright program for supporting research, teaching, and cultural exchange.

**FRIDAY, NOV. 20, 2015**

### HAA YOO X'ATÁNGI KÁX KULAGAAWÚ

**Lance (X'unei) Twitchell, Assistant Professor of Alaska Native Languages**

A film documenting the work and lives of Richard and Nora Dauenhauer and celebrating Tlingit language revitalization. If the film is not ready for screening, there will be an alternate presentation on Alaska Native Languages and Culture.

**UAS** UNIVERSITY OF ALASKA  
**SOUTHEAST**  
*learn • engage • change*

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## — CRISPR-Cas9 —

**BY ANNELIESE MOLL**

*For the UAS Whalesong*

Earlier this semester, I wrote a brief article about GMOs. Within it, I mentioned that humans have been slowly modifying organisms for thousands of years. Since the discovery of DNA, the technology and methods used to understand and edit DNA have changed and improved. CRISPR, or Clustered Regularly Interspaced Short Palindromic Repeats, are segments of prokaryotic DNA that have short repetitions of base sequences. Cas9 is an associated enzyme.

In December of 1987, CRISPR sequences were found, but not characterized, in *E. coli*. Eight years later these sequences are found in other microbes. Jump to 2007: a Danish food company called Danisco found that these sequences are part of a bacterial defense against viruses. In 2011 several biotech companies started to utilize this new technology, focusing on agriculture, therapeutics, and more research. The following year it is reported that scientists are able to use CRISPR to edit genomes. More energy is placed on researching therapeutics in several locations worldwide, and CRISPR has begun to be heavily used with mouse and human cells. During March of 2015 the first report of the CRISPR gene drive that is able to spread a modified gene rapidly. Earlier this year a group of researchers edited human embryos.

CRISPR-Cas9 is not the first of its kind though. Another example of a technology that was able to make edits within a genome is called zinc finger nucleases. It consists of synthetic proteins made from engineered zinc finger DNA-binding domain fused to the cleavage domain of a specific restriction endonuclease, in other words it is an artificially engineered section of DNA that binds with an enzyme in a specific section where the natural DNA has been cut. This was supposedly going to be able to edit DNA accurately and efficiently. However, it ended up being difficult to engineer and very expensive. Zinc finger nucleases cost at least \$5,000 USD whereas CRISPR-Cas9 is highly flexible while still able to target specific sections of DNA, which allows for it to be easily manipulated, and this technology costs about \$30 USD. This is what makes CRISPR so amazing.

With more research and knowledge CRISPR could rapidly become a life saving technology because of its ability to precisely delete and insert genes into the genome of an organism. People with genetic diseases may finally be able to receive effective help through gene therapy. Gene therapy is when a person with a non-functional gene has a normal (functional) gene inserted into their cells. This is currently an experimental technique that still has many risks involved, but for some patients where medications or surgery is not an option this could be a powerful tool. However, while this technology has the ability to become another tool for treating disease many people worry that this could also be used to modify human embryos, and that those modifications are be passed down other generations. One of the large questions out there is about what would happen if and when these modified genes mutate.

Ultimately, this technology is going to require us to have some long and difficult conversations about the moral and ethical uses as well as having more research and understanding about the affects this could have on our world.



# — The Graveyard Gala —



**BY KAYLYN HASLUND**

*For the UAS Whalesong*

At the Recreation center on October 30, costumed individuals approached this year's Graveyard Gala and danced the night away before Halloween. The Recreation Center was decked with the spooky spirit as beanie babies and a few superheroes lurked the halls in and out of the dance area. The Whalesong had nearly every employee there, decked out in his or her best costume.

Felix and Axel were in charge of the music, mixing in certain requests between the songs typically found at a dance, both offering a different mix of style in DJing. The dancing mostly occurred with specific songs, causing people, like lead reporter Alexa Cherry, jumping to go and dance. The two DJs offered mostly the typical dance music while also listening to public requests that could be found on Spotify. This did lead to big group dances, like the "Macarena" or "Cha Cha Slide" where lines of people maneuvered with each other for the full effect. Group dance circles were made, some large for more adventurous types to go and smaller groups for those who preferred select people, but people walked in and out of both, having fun all over the place. In larger groups people cheered on each other as individuals showed their moves.

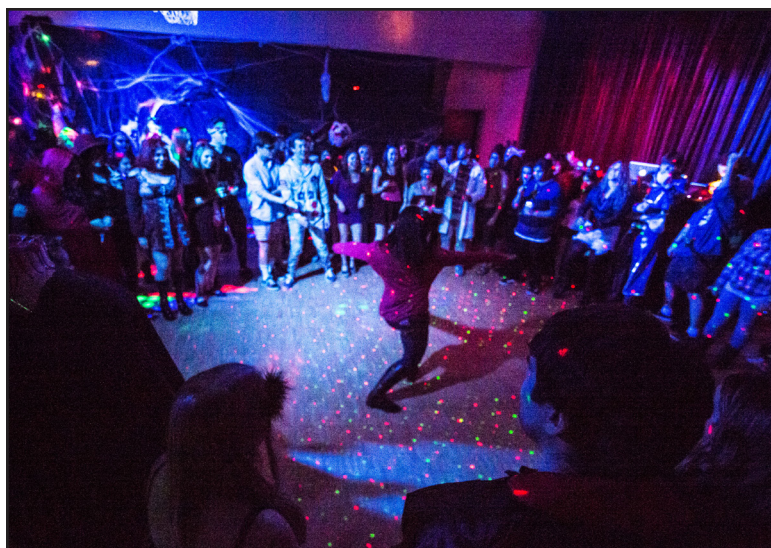
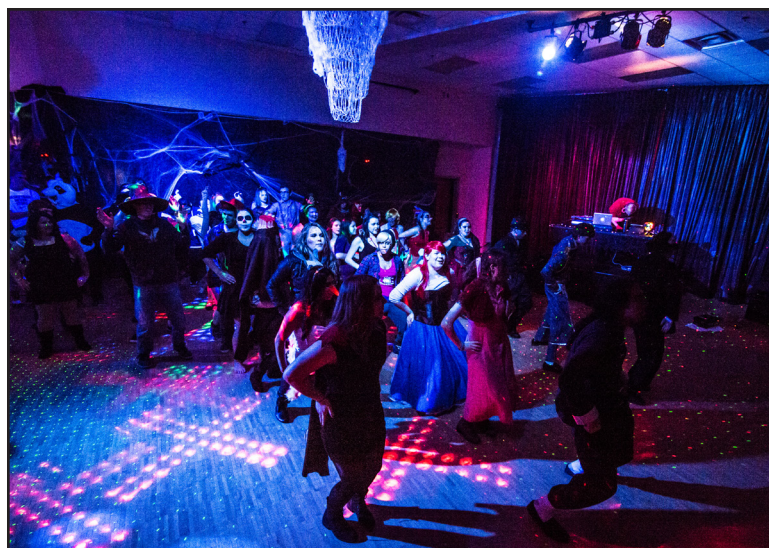
Members of the SAB, like Austin Hales, slowly joined in with the groups, trying to rally people's energy into enjoying themselves, and it worked. They easily corralled everyone into have a fun and active time with friends during the night. They remained in the spirit of the season with appropriate sweets, such as a batch of cupcakes frosted to look like a spider web and assorted candy.

People slowly made their way to the dance floor, and we could see each person's individual likes and creativity with their costumes come alive. One group came as Beanie Babies, while another came as the Scooby Doo gang. Whalesong Managing Editor Daniel Piscoya was dressed as Daredevil, Ad Manager Holly Fisher as Aerith, and Photographer Darin Donohue as a Jedi. We saw Mel Scriven as the Ariel from "The Little Mermaid" and one individual as a rare Pepe meme. Everyone was decked out to look his or her best and have an amazing experience.

At 11:30 p.m., the costume contest began. There were four different categories: scariest, most creative, group/couple, and funniest. They were decided by whoever got the loudest and most amounts of applause and cheering, which in hindsight never seems to work to SAB's advantage. It wasn't surprising who won, just judging by the reactions they received when merely introducing themselves. Jared Jerabek donned his best Captain Hook costume and won most creative. Jean Bennett, dressed as the headless horseman (sans horse) won scariest. David Galaktionoff and his guest, dressed as Jake from State Farm and Flo from Progressive respectively, won best duo. Most funny was won by a mysterious panda bear whose name neither the Whalesong nor SAB was able to obtain. If you have more information, please email [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu).

While there wasn't a lot in terms of events at the Gala, it was fun just to see the campus let loose for even a little bit. Watching freshmen and seniors alike dance to the Cupid Shuffle with the same excitement middle school proms once held. People helped newcomers with the demanding dances, getting many to participate alongside them. It also felt like an overall school spirit was filling the air as people screamed along to Get Low by Lil' Jon and creating their own dance moves.

It felt like it was the first time, in a long time, that so many students had come to one of the dances, leaving a pleasant feeling in everyone's stomachs. The SAB did an amazing job at rallying the people's collective spirit and getting them to participate in an event.



From the top, left to right: Felix Thillet gets the party started; Jake from State Farm and Flo from Progressive win best group costume; the DJs are hard at work; "Hey! Macarena!"; Students would often form a circle for spur of the moment dance-offs; Felix Thillet congratulates the panda bear who won most creative costume.

All photos courtesy of Darin Donohue.

November 9, 2015

UAS WHALESONG



# Don't be — S.A.D. —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

Starting around this year, if you haven't already, you may start hearing people talk about "getting sad." This sounds perfectly normal, especially for the interim between midterms and leading up to finals. But as we descend into the winter months, and especially here in Alaska, the word "sad" might not actually mean what you think it does. The person speaking could actually be referring to the acronym S.A.D., which stands for Seasonal Affective Disorder.

"What the heck is that?" you might ask. Well, S.A.D. is a mood disorder and type of depression that occurs during the same season every year regularly. It tends to begin and end around the same times, making its occurrence fairly easy to predict, if you know that you have it, or are prone to it. In Alaska and the northern hemisphere in general, people are especially susceptible to S.A.D. because of the cold weather and the lack of daylight. Symptoms include depression, a lack of energy and needing/wanting more sleep than usual, irritability, and a change in appetite. Sometimes, you can have or get S.A.D. and not even know it – so, if you've been sad and grumpy and extra-sleepy recently, that might be the reason why.

Fortunately, there are ways you can help deal with S.A.D. and reclaim your functionality as a human being, despite the dark and the cold and the other seasonally-related trends affecting your behavior. One of the first is to start taking vitamins, if you don't already. It's important that you take Vitamin D, since a lack of Vitamin D is an important factor in the creation of S.A.D. Supplement that with some Vitamin C, because A) it's cold season and a little bit of the orange juice vitamin will help more than hurt, and because B) I have heard from fairly reliable sources that Vitamin D won't work unless you take C to supplement it. You can get a bottle of a multivitamin that has both at the store, or you can just get a bottle of each – that's what I did, to spice up my vitamin routine and also make sure that I'm getting as much of each vitamin as possible. In addition to helping fight off S.A.D., adding these vitamins to your daily routine and diet assist in boosting your immune system (Vitamin C) and healthy bones, as well as the good feeling that sunshine gives you (Vitamin D).

Another way for your body to get the Vitamin D and exposure to sunlight that it craves is to use fake sunlight! If you've spent any considerable amount of time in the northern hemisphere, you've probably heard about "S.A.D. lights;" also referred to as "happy lights," these are LED lamps that you can sit in front of in order to simulate exposure to actual sunlight. Sure, it sounds a little crazy, but when you only get around 4 hours of daylight in a given 24-hour period, you do what you can. Depending on the size, I think your own S.A.D. light will run you around \$60, but check with the UAS Housing Lodge and the Student Resource Center first – they have S.A.D. lights reserved that they're willing to let you check out and sit with, so that you don't have to drop that cash. (You can use it to buy those vitamins I was talking about earlier instead.)

In summary, don't let general sluggishness and an overwhelming desire to sleep all your spare time away get to you! Read that book you've been looking forward to, play your favorite video game, watch a couple episodes of your favorite show. Look at pictures of Cabo Cabo and decorate your room with bright colors. Even though it sounds awful – worse, when all you want to do is sleep – try to exercise! It doesn't have to mean getting down to the gym and pumping iron, either; just do some jumping jacks, play Just Dance, get your blood pumping and endorphins flowing to your brain. Because remember: exercise gives you endorphins. Endorphins make you happy! And happy people don't kill their husbands. They just don't.

# Love Your Lungs All Day Long: — Take a 1Day Stand —

**BY KRISTIN COX**

*For the UAS Whalesong*

November 19th is the Great American Smoke-Out and UAS is marking the event by celebrating its recent Smoke and Tobacco-Free Campus policy.

UAS is encouraging current tobacco users to be tobacco-free for one day as part of the "1Day Stand" against tobacco campaign. Supported by the Tobacco-Free College Campus Initiative Challenge, the campaign seeks to raise awareness of the harmful effects of tobacco use and secondhand smoke and help tobacco users to quit.

"College is a time when young people are at a higher risk for starting smoking and transitioning from experimental to regular tobacco use," says Dr. Kristin Cox, Tobacco Prevention Specialist. "We want to encourage life-long healthy habits and ensure a safe and healthy environment for everyone on campus. That's why we are taking this stand and supporting those looking to quit."

On November 19th from 11-2, there will be an information table in the cafeteria with Quitline Resources, a Tobacco Jeopardy game and other giveaways. You can also sign a "tobacco-free for a day" pledge to enter a prize drawing.

"Students understand the harmful effects of secondhand smoke, but quitting tobacco is hard," said Marjorie Thompson, UAS counselor. "If you know someone who is looking to quit, be their wing man and support them today and through the process. Your encouragement could help them kick the habit for good." The UAS counseling and nurses office have Nicotine Replacement Therapy available for students and staff and they can help you sign up for the Alaska Tobacco Quitline.

Studies show that 99 percent of all regular tobacco users start by the age of 26. Tobacco is also the leading cause of preventable death and disease in the United States – and secondhand smoke is responsible for an estimated 49,400 heart and lung cancer deaths each year nationwide.

"Smoke-free policies are an effective way to reduce tobacco use by preventing initiation and making it easier for smokers to quit," said Dr. Cox. "Policies have also been shown to decrease smoking rates and positive attitudes toward tobacco use."

We are proud that UAS was the first college campus in Alaska to implement a smoke and tobacco-free campus policy on July 1st of this year. We congratulate UAA on implementing their smoke and tobacco-free policy November 19th and UAF on December 31st. To date approximately 1,577 campuses nationwide – have a smoke- or tobacco-free policy in place. This is in sharp contrast to 420 campuses in 2010.

With support, UAS tobacco users can turn a 1Day Stand into a 365Day Stand and become non-smokers. And that's something that we can all be proud of.





# Resources for your college questions



When it comes to education financing, Wells Fargo has the resources to help students and families make informed decisions.

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- **Wells Fargo Community:** get your college questions answered and share helpful information with others at [wellsfargocommunity.com](https://wellsfargocommunity.com)
- **Student LoanDown<sup>SM</sup> blog:** check out conversations focused on the entire college experience at [blogs.wellsfargo.com/studentloandown](https://blogs.wellsfargo.com/studentloandown)
- **Calculators and money management:** view our private student loan products and budget for repayment at [wellsfargo.com/student](https://wellsfargo.com/student)

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# — Saving Seahorses in Cambodia: Kate Hauch —

**BY ANNELIESE MOLL**

*For the UAS Whalesong*

As many of you probably know, over-fishing and pollution are just a couple of the major challenges many marine organisms are facing. This is especially true for coastal areas around poorer countries. One organism that is being hit particularly hard is seahorses.

In order to understand why they are being so heavily affected, it is necessary to know a bit about their biology. Seahorses are a monogamous species, when a mate dies they stop reproducing until they are able to find another mate that is suitable. They are also male brooders. This means that after mating, the female seahorse will deposit eggs into the male's pouch, where they will stay until fully developed. Depending on species, their sizes can range from about half an inch to 14 inches.

Back to marine habitats surrounding poorer countries: over-fishing is huge because it is a source of income. The styles of fishing are can also be very destructive. In order to catch as many fish as possible some of the fishermen trawl (dragging a large net across the bottom of the ocean which disturbs everything in its way), cyanide fishing (sodium cyanide is poured into the water to stun fish), dynamite fishing (explosives are set off under the water and then the dead fish are collected), and ghost fishing (animals and fish become entangled in fishing gear that is either lost or abandoned). Unfortunately, there is also a lot of bycatch and habitat destruction associated with all of these fishing techniques. It is easy to see how quickly many different organisms are having a difficult time surviving in areas where this is taking place unchecked.

Earlier this semester I learned that a couple of UAS students had traveled to Cambodia in order to help save seahorses in these habitats. Over the last week I had a chance to talk with one of those students, Kate Hauch, about that amazing opportunity.

Anneliese Moll: How did you learn about this program? Did you fundraise?

Kate Hauch: Ben Derting stumbled upon Marine Conservation Cambodia (MCC) after our mutual friend traveled to Southeast Asia. He was interested in diving opportunities and volunteer programs. He brought up the idea in November 2014 and, as we both looked more into it, we both became excited. It was an opportunity to do underwater surveys, help protect an Marine Protected Area, work with Cambodian Fisheries officials, meet awesome people, and have some fun.

'Seahorseluv' was our fundraising project. We sold t-shirts,



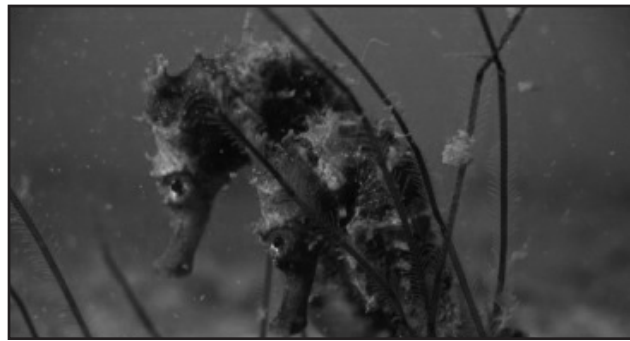
**MCC performed active beach clean ups to address the local trash problem. Photo courtesy of Kate Hauch.**

hosted a 5 kilometer run, created a go-fund me, and also hosted a silent auction/spaghetti dinner to help raise funds, which were used to help cover travel costs as well as bring a heaping supply of English children's books to the island.

AM: Once you arrived in Cambodia what happened?

KH: The daily/weekly schedule with MCC changed a lot due to day to day fluctuations. If you do not have your scuba diving certification, you have the opportunity to get certified on the island. Underwater surveys were conducted almost daily. The first and easiest survey to learn was to find seahorses. For the seahorse survey you were trained in identification of a suspected 6 different species near the island as well as how to document their location. Their location was also uploaded into project seahorse which is an international database. Three other surveys included documenting invertebrates, substrate, and fish all utilizing transect lines. Since leaving the island, the volunteers are now working actively tagging seahorses and collecting genetic samples for Dr. Tse-Lynn Loh who works at the Shedd aquarium in Chicago, Illinois.

Paul Ferber, the founder of MCC, was also willing to let you implement any ideas you had. We created artificial reef structures, secchi disks (these are used to measure water visibility



**These seahorses were photographed off of the island of Koh Seh, where MCC is based. Photo courtesy of Kate Hauch.**

and are usually very simple black and white disks that are about 8 inches in diameter), and began working on an underwater coral garden/underwater landscaping. Previous projects included creating an aquaculture system for breeding blue swimmer crabs as well as seahorses. One volunteer also created his own mapping computer program, so we could create a baseline of the seafloor. We were able to take 1 meter quadrants to start creating the map.

We actively performed beach clean ups, mangrove clean ups and restoration of several local areas, as trash is a huge problem. Most people simply throw trash into the streets because Cambodia does not yet have an efficient waste management system. Paul worked with the city to install trashcans. While it is a start, you might only see 3 in the entire city.

Illegal fishing poses a huge threat in Cambodian waters and is usually conducted by Vietnamese and Cambodians. They use illegal gear, causing massive destruction of reefs and sea grasses, and also over fish. Paul works directly with a Cambodian Fisheries government official to help regulate and enforce the laws. As a volunteer you were able to remove illegal nets and gear as you came across it while diving. Paul also had a team that would patrol almost nightly to confiscate gear from fishing boats.

Another part of the conservation process was conducting social demographic surveys from local fishing villages. A 6 page interview form was brought to the villages and we asked fishermen, through



**These local fishermen were photographed after a sociology-demographic survey. Photo courtesy of Kate Hauch.**

the use of translators, their knowledge of the ocean in hopes to help educate the importance of sustainability.

AM: How long did you stay?

KH: I stayed for 1 month and wish I would have stayed about 3 months.

AM: After doing this do you have any tips for others who might want to get involved?

KH: Working for MCC was one of the best experiences I have had. Not only do you get a lot of hands on experience, you learn how to approach things from a different way. Here in the United States we are lucky to have an abundance of resources, in a third world country you have to implement research with what you have and really become creative by thinking outside the box. If you are interested or pursuing a similar type of opportunity, try to be available for a reasonable amount of time: 2-4 months. You will have a lot to learn before you can begin to start working by yourself. Also look ahead for travel requirements. Get your visas and vaccines figured out well a head of time.

AM: What's your favorite seahorse?

KH: My favorite seahorse is the *Hippocampus kuda* or common seahorse. It is generally what most people picture when they think of a seahorse. It is one of the larger species-- growing up to 6 inches. It also has been a target for medicinal purposes throughout Asia for many years, leaving it listed as vulnerable.

For those of you who are possibly interesting in volunteering in this program (MCC) I have included the contact information and the website URL at the bottom. In regards to the price of the program, for people who are staying for less than a month the fee is \$300 a week. Covered within that is your room and board and diving expenses. Some of it also goes into overall project costs. Volunteers wishing to stay longer than one month, MCC suggests contacting them to see what can be worked out.

Marine Conservation Cambodia also conducts quite a bit of research. As a part of their program there are also internships and research opportunities that span from biology and ecology, costal and fisheries management, and sustainable development.

Conservation and research are critical in many places around the world today because when resources are consumed quickly and in destructive ways, the likelihood of losing that resource permanently becomes very real.

Paul Ferber founder of MCC:

[dreams4divers@gmail.com](mailto:dreams4divers@gmail.com)

<http://www.marineconservationcambodia.org/>

<http://www.projectseahorse.org/>



# — Pack It Up —

**BY ALEXA CHERRY**

*For the UAS Whalesong*

Every year around this time, I like to write an article that is somehow related to traveling home for the holidays. Some people go home for both Thanksgiving and Christmas; due to the close proximity of the holidays, I imagine most people only choose to spend the money for a plane ticket on the latter. Regardless, it's never too early (in my opinion) to start talking about preparing and packing for the trip home.

If you are someone who is very organized and good at traveling, this article is not for you. This article is for people who, like me, experience the struggle of packing on an unnecessarily personal and intense level every time it comes around. After plenty of trips to and from home and college, I have the theory of packing down pretty well, but when it comes time to put it into practice I tend to break down and have a small internal fit of hysterics before just sort of screaming, throwing far too much stuff in a suitcase, and suffering the judgment of my parents when I show up for a 5-day Thanksgiving break with packed-full luggage. A large part of my personal mission as a reporter for the Whalesong is to give my fellow students advice and guidance regarding various aspects of young adult life, and I think that learning and knowing how to pack is definitely an important thing to cover.

Step one is to pack the absolute essentials first. And no, that doesn't include your large clunky gaming system or your favorite hoodie. Start with stuff like deodorant, your toothbrush, socks and underwear — you know, the stuff your mom would want you to pack. Try to tuck these into those weird small pockets that every suitcase comes with and no one uses. Make them as small as

possible, to give yourself the illusion that you are saving space. (My mother always maintained that it doesn't matter what shape you put stuff in, because the stuff takes up the same amount of space regardless because of math or physics or something like that. This is probably true, but I feel much more efficient and space-saver-y when I roll things up into tiny little tubes.)

Step two is to then pack the things you want, but not ones that are too extravagant. For instance, your favorite hoodie is now good to go! However, especially if you're going home for a holiday as short as Thanksgiving break, seriously maybe rethink the gaming system. (Can you tell that there's a running theme in my inner packing conflict?) I may not have mentioned this before, but bear in mind that your end goal for packing is to bring as little stuff as possible. Unless you're going home for the summer, you don't need half your wardrobe; if you're going home for a month (aka Christmas break), it's probably okay to bring your PlayStation or Xbox. However, this is when you also need to consider how likely you are to use it. Is the bandwidth at your house good enough to online game? Will you even have an opportunity to use the TV? (As an aside: don't pack your TV to bring home with you. Just — don't do that.) This can also be applied to your wardrobe choices. If your family believes strongly in saving money on heating, or has a misguided concept that 60- anything degrees is a reasonable temperature at which to exist during the winter months, maybe pack a couple extra long-sleeved shirts and sweaters. If they keep the house too hot for your liking, some of your favorite T-shirts may be in order. Also, bear in mind that it's a holiday! People will be taking pictures! Probably outside, for that Truly Festive Feel which families big on holiday photos seek to attain.

Finally, we come to step three, which is not appealing but probably ought to be done: look through what you've packed and take some stuff out. If you are a Good and Experienced Packer, I'm still not sure why you're reading this article but I'm glad you're here. If you are someone who desperately needs packing advice, like me, then this step is essential for the both of us. You've definitely probably packed at least 5 more things than you'll strictly need. Call your parents and ask what you have at home, if you have to. If your parents say, "you have more than enough clothes here," then you can probably take out two of the three pairs of jeans you packed. Your stuffed animals will be fine for a week, and even a month, without you. The socks — okay, the socks are kind of cool, the socks can stay. LEAVE THE GAME SYSTEM BEHIND, you don't need it and you won't use it because you'll be too busy being festive. Look. Stop. Just... put it back. I'm arguing for myself as much as I am for you. This is a joint effort, guys.

Last, but not least — try not to stress over it too much! The holidays are a time to relax, have fun, and stuff your face with food that people far more experienced in the area of cooking than you have made. (This probably means that you will have to do the dishes, but in the grand scheme of things, that's kind of a fair tradeoff.) You will be moving back into the same apartment or dorm room next semester. Your extra two pairs of jeans and your stuffed animals will still be there when you get back. Your family wants to binge-watch that one show with you instead of watching you run quest missions on your video game. Your pets want you to take them on walks. Love life. Live the dream. And happy holidays! They are coming, and my body is ready.

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# — The Ghost of Communication Yet to Come —

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

On Oct. 30, Evening at Egan's fifth event, "Strengthening the Spirit of Collaboration at Work, at Home, and in the Community" appeared in our University's library. Kathleen Macferran and Jared Finkelstein, two certified trainers with the Center for Nonviolent Communication. They began simply with introductions and a quote from one of their comrades Miki Kashtan, "Collaboration is a very exacting discipline, and rests on only one uncompromising commitment: to attend to everyone's needs."

They started with a few questions from the audience, attempting to start collaborating with the public that came to the event, as well as gauging what type of audience they were dealing with. It opened the floor for the audience to get to know our presenters and decide if we would want to work with them. And many found that in fact they would love to work with the presenters, both of them who appeared open for discussion at multiple points.

In their presentation was a PowerPoint, focusing on the main points of focus for them, specifically starting out with the Mandala of NVC (Non-Violent Communication)—a graphical representation of word relationships and how they relate to communication. Within it were ideas of language, communication, thinking, and the use of power. With this they

began the discussion of how some of these ideas both held us back, as well as push us forward in collaboration. They gave an example with a Hoberman sphere, which shows how even one small action can impact everything else. This was to show that we should pay attention to other people and what we care about. They also had a diagram called the NVC Tree of Life, which showed ways initiating understanding through empathy.

After this, they had the audience participate together, sharing stories of a time when we received something from someone that we couldn't repay and how that gift impacted us. This was to teach each person that in those moments we were valued as a person because we weren't required to give back. The person I sat next to personally shared the lessons a family member gave him and how it had impacted his life. And we can see that every individual has a story like this, where they were put before someone else and valued as dearly as their own person.

We then began to share what words we thought of for what we would want in collaboration, thus giving everyone an idea of basic human needs, though collaboration is different for every individual. Some of the words were honesty, understanding, and openness. It showed that many people wanted the same thing to form a good collaboration. It also revealed collaboration being completely up to each person on whether or not they decide to participate. Which as college students we can easily relate to, in both class sessions and group projects. How easy it is for each

individual to ignore one another's needs.

It showed a possibility for what could one day be our world, through patience and time of course, but a something that could occur. Working together and finding solutions that appease everyone's beliefs, though that may seem idealistic to some. People could willingly come together to make a society in which we would want to live and learn amongst one another. At points it did seem impractical, as it is normal to disagree with someone, and some members of the audience wonder if it really would get us anywhere as a species.

It came to a point that we started to see how everyone and every need matters, though there was still some discord on if everyone totally believed that. Jared Finkelstein thought that someone must matter if you have even the slightest opinion on him or her. That message implied that, in fact, yes each individual in some way or another matters, though there sounded to disparaging beliefs from members of the audience.

Ultimately the event showed ways of being practical and understanding others when assembling a group or trying out collaboration. It also began a conversation on methods of non-violence and how we can apply these ideas to working amongst each other. It'd be good to see these very practices come to fruition on our own campus, to see our community working together and attempting to better the place we live in.

# CAMPUS CALENDAR

## OFF CAMPUS

### MONDAY, NOV. 9

**Tlingit Language Learner's Group**, 6 p.m., Downtown Juneau Public Library. This group, run by Tlingit language learners, is free and open to the community every Monday, regardless of language experience. For more information, email [tlngitlearners@gmail.com](mailto:tlngitlearners@gmail.com).

### TUESDAY, NOV. 10

**Toastmasters Club at St. Paul's**, 6:15 a.m., St. Paul's Catholic Church, Parish Hall. Improve your public speaking skills every Tuesday morning in a supportive environment. Go to [www.takutoastmasters.org](http://www.takutoastmasters.org), or call 463-5885.

**"Black Holes Have No Hair,"** 6:30 p.m., Marie Drake Planetarium. Black Holes, Einstein's general theory, event horizons, singularities, information theory, Hawking radiation, holographic principles will be explained plus the 'Stars Tonight' on the Spitz projector. Free Event. Call Steve at 907-500-2941 for more information.

### WEDNESDAY, NOV. 11

**Write For Your Life**, 10 a.m., Mendenhall Valley Library. The "Write For Your Life" group meets every Wednesday to share journal entries, memoir, letters, or poetry. Contact Dixie at 907-789-2068.

**Ski Film Bar Night**, 7 p.m., Louie's Douglas Inn. Ski Film Bar Night is an eight week event series, starting September 30th. Join us at Louie's Douglas Inn every week on Wednesday. Invite your friends to our Facebook Event, where you can preview all the films and share some of your favorites! No cover charge, it's free! For more information, email [eaglecrest@skijuneau.com](mailto:eaglecrest@skijuneau.com).

**Weekly Old Time Music Jam**, 7 p.m., Alaskan Hotel Bar. Every Wednesday Old Time Music jam. All abilities welcome. Fiddle, guitar, banjo, bass, mando, uke, harmonica, etc. Free. Event Contact: Tom Paul, 463-3214.

**Ultimate Frisbee**, 9 p.m., Diamond Park Field House. Ultimate frisbee pick up games every Wednesday, rain or shine! FREE. For more information, contact David Job at 586-3845 or go to [juneauultimate.org](http://juneauultimate.org)

### THURSDAY NOV. 12

**An Evening with John Straley**, 7 p.m., Hangar at the Wharf Ballroom. With a mission to support, protect, and promote Juneau-Douglas History, the Friends of the Juneau-Douglas City Museum (FoJDCM) have invited John Straley, well-known Sitka author, who will present—"The Truth, the Whole Truth, and Nothing but a Story: The Art of Writing Historical Fiction." This is a free event to FoJDCM members which includes light refreshments. A donation of \$5 per person from nonmembers is requested. Call or email Katrina Pearson at 321-0230, or [krupearson@gmail.com](mailto:krupearson@gmail.com) for more information.

**Open mic w/ Teri Tibbet**, 9 p.m., Alaskan Hotel & Bar. Come on down and play a couple every

Thursday. 21+, FREE. For more information, call 586-1000 x 405 or [www.thealaskanhotel.com](http://www.thealaskanhotel.com).

### FRIDAY, NOV. 13

**SAIL Benefit Gala and Auction**, 6 p.m., Centennial Hall. Join SAIL as we "celebrate access" and 25 years of the ADA! Bid on artwork, jewelry, decadent desserts and amazing vacation packages! Come for live music, an exquisite catered dinner, a no-host bar... all while helping SAIL realize our mission of inspiring personal independence for seniors and people with disabilities throughout Southeast! Tickets can be found at [www.sailinc.org](http://www.sailinc.org). 586-4920 or 3225 Hospital Drive, Suite 300.

**Get Felt Brings Racy Puppet Fun to Juneau**, 8 p.m., Hangar Ballroom. Tickets are \$10 at Hearthside Books, Rainy Retreat Books, the JACC, jahc.org, and the door. Go to <http://lasifest.com> for more information.

### SATURDAY, NOV. 14

**DRAW Open Studio**, 10 a.m., The Canvas Community Art Studio and Gallery. Take advantage of a purpose built still life or a live model in a studio setting to develop and maintain your drawing skills every Saturday. Visiting artists Tim Ortiz and Andreana Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

**The Art of Memoir: Writing Workshop with Ernestine Hayes**, 11 a.m., Mendenhall Valley Public Library. Author of the American Book Award winning memoir, *Blonde Indian*, and UAS Associate Professor of English, Ernestine Hayes will lead a community writing workshop with an emphasis on memoir. The workshop is free but space is limited. Contact the Juneau Public Library to register: [libraryevents@juneau.org](mailto:libraryevents@juneau.org).

**Storytelling**, 6 p.m., Mendenhall Valley Public Library. An annual celebration of storytelling by local storytellers Tom Cosgrove, Anne Fuller, Grace Elliott, Pat McLear, Pete Griffin and others. These family friendly stories are intended for teens and adults, not younger children. Admission is FREE! For more info, contact Pete Griffin at [tongastrails@gmail.com](mailto:tongastrails@gmail.com), or 789-1093.

**Chamber Music Concert**, 7:30 p.m., Northern Lights United Church Flutist Sally Schlichting and pianist Mary Watson, joined by soprano Sara Radke Brown, will perform an evening of chamber music.

Free to the public. Contact Sally Schlichting at 586-4788 or [sally.schlichting@gmail.com](mailto:sally.schlichting@gmail.com) for more information.

**Get Felt Brings Racy Puppet Fun to Juneau**, 8 p.m., Hangar Ballroom. Tickets are \$10 at Hearthside Books, Rainy Retreat Books, the JACC, jahc.org, and the door. Go to <http://lasifest.com> for more information.

### SUNDAY, NOV. 15

**Chamber Music Concert**, 3:30 p.m., Northern Lights United Church Flutist Sally Schlichting and pianist Mary Watson, joined by soprano Sara Radke Brown, will perform an evening of chamber music. Free to the public. Contact Sally Schlichting at 586-4788 or [sally.schlichting@gmail.com](mailto:sally.schlichting@gmail.com) for more information.

**Warren Miller's Chasing Shadows**, 4 p.m. and 7 p.m., Rockwell Ballroom. Eaglecrest brings Warren Miller's 66th snowsports film, *Chasing Shadows* to Juneau! Warren Miller once said, "A pair of skis is the ultimate transportation to freedom," and this year, we're chasing storms, big mountains, deep powder lines and all the freedom they grant us! Every Attendee gets one free mid-week lift ticket with optional \$20 upgrade for rental gear, and a 2 hour lesson. Contact [eaglecrest@skijuneau.com](mailto:eaglecrest@skijuneau.com) for more information.

### MONDAY, NOV. 16

**Climate Action Movie Series: "The Yes Men Are Revolting,"** 7 p.m., Gold Town Nickelodeon. "The Yes Men Are Revolting" is the hilarious story of Andy and Mike, two very unorthodox activists as they pass through middle age and wonder: are their pranks really making a difference? \$10 tickets Email [akclimateaction@gmail.com](mailto:akclimateaction@gmail.com) for more information.

### SATURDAY, NOV. 21

**Annual Holiday Bazaar**, 9 a.m., Salvation Army Church. Looking for crafters to participate in annual bazaar and buyers to attend too! Tables are \$25. Downstairs luncheon also will be happening. Contact Lt Dana at 586-2136 for more details.

**Climate Action Movie Series: "The Yes Men Are Revolting,"** 7 p.m., Gold Town Nickelodeon. "The Yes Men Are Revolting" is the hilarious story of Andy and Mike, two very unorthodox activists as they pass through middle age and wonder: are their pranks really making a difference? \$10 tickets. Email [akclimateaction@gmail.com](mailto:akclimateaction@gmail.com) for more information.



Courtesy of [www.alaskarobotics.com](http://www.alaskarobotics.com)



# CAMPUS CALENDAR

## ON CAMPUS

MONDAY, NOV. 9

**Spring 2016 Registration Begins**, All day, University of Alaska Southeast. Spring registration for students begins today. For class information, view the schedule website: <http://www.uas.alaska.edu/schedule/spring.html>

**Coffee with Student Government**, 11:30 a.m., Student Government Office. Come down and beat the Monday Blues every week with some free coffee and fresh baked goodies! While you enjoy delicious treats, you can chat with your student representatives about concerns you have or how they can better serve you as a student! Call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu) for more information.

**Cardio Conditioning**, noon, Recreation Center. Join Keegan @ the REC for an hour of cardio and core conditioning on Monday, Wednesday, and Fridays starting Aug 24th and running till Dec. 11th. Sign-up at the REC help desk. \$100 instruction fee. \$5 drop-in fee. For more information, call 796-6544 or email [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

**Climbing Wall Orientations**, 5 p.m., Recreation Center. Attend the REC's climbing orientation every Monday, Wednesday (same time), and Friday (6:30 p.m.) to learn the basics and our gym rules. The REC has climbing shoes, harnesses and gear to loan for our indoor wall users once certified. Contact the Rec Center at 796-6544 or [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

**Open Gym: Dodgeball**, 7 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game every Monday (7 p.m.) and Wednesday (8:30 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6100.

**Open Gym: Volleyball**, 8:30 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym every Monday (8:30 p.m.) and Wednesday (7 p.m.)! For more information, email [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call 796-6100.

TUESDAY, NOV. 10

**Spanish Club Meeting**, 1:30 p.m., Mourant Lakeside Grill. The Spanish Club learns and practices Spanish in a fun and informative environment every Tuesday. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu)

**Dancing Phalanges Club Meeting**, 2 p.m., Mourant Lakeside Grill. The Dancing Phalanges Club will practice and teach other students American Sign Language every Tuesday. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

**Open Gym: Basketball**, 7 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court every Tuesday (7 p.m.) and Thursday (8:30 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6544.

**Open Gym: Soccer**, 8:30 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaal every Tuesday (8:30 p.m.) and Thursday (7 p.m.)! For more information send an email to [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) or call the REC Center staff at 796-6544.

WEDNESDAY, NOV. 11

**UAS Blonde Indian Book Club**, Noon, Egan Classroom 115. Students, staff and faculty are welcome to join a lively lunch hour conversation about the One Campus, One Book selection, Blonde Indian (facilitated by UAS faculty). Bring your lunch and additional snacks will be provided. Call 796-6440 or email [ocob@uas.alaska.edu](mailto:ocob@uas.alaska.edu) for more information.

THURSDAY, NOV. 12

**Sustainability Club Meeting**, 4:30 p.m., Egan 211. Join the UAS Sustainability Club every week to help make our university and community more sustainable via exciting projects and campaigns! Email [grplush@alaska.edu](mailto:grplush@alaska.edu) for more information.

**Baptist Campus Ministry Club Weekly Meetings**, 9 p.m., Chapel by the Lake. Through UAS BCM we encourage Christian students to

embrace and live for Christ and to educate and inform interested students about the Bible. Free. Call (907)-305-0624 or email [uasbcm@gmail.com](mailto:uasbcm@gmail.com) for more information.

FRIDAY, NOV. 13

**REC Guard Closure**, All day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

**Student Government Weekly Meeting**, 11:30 a.m., Glacier View Room. Please join the United Students of the University of Alaska Southeast - Juenau Campus for our weekly meeting. Meetings are open to all students, staff, and faculty. Please contact us if you have any questions or would like a copy of the agenda. For more information, call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

**Evening at Egan: Dr. Sherry Tamone, "From Alaska to Israel: A Fulbright Scholar's Experience,"** 7 p.m., Egan Library. Professor Sherry Tamone was awarded a Fulbright Scholar Research Award to study crustacean biology in Israel for 4 months. Email [chancellor@uas.alaska.edu](mailto:chancellor@uas.alaska.edu) for more information.

SATURDAY, NOV. 14

**REC Guard Closure**, All day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

**Sex and Gender Equality Club Meeting**, 10 a.m., Egan Classroom 225. The UAS Sex and Gender Equality Club meets every Saturday at 10:00am. The goals of the club are to educate people on equal rights issues and advocate for equality. Free. Call 796-6517 or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu) for more information.

**UAS Annual Native Film Series, featuring Hunting in Wartime**, 4:30 p.m., Egan Library. Hunting in Wartime profiles the extraordinary stories of Tlingit Vietnam War veterans from the village of Hoonah, Alaska. The film traces the tension of the soldiers' tremendous pride in service, the racism that affects their livelihoods and the challenges they faced (and continue to face) in the military and back at home." Call 796-6454 or email [nrsc@uas.alaska.edu](mailto:nrsc@uas.alaska.edu) for more information.

**Gaming Club Meeting**, 5 p.m., Egan Library. Gaming Club hosts weekly meetings every Saturday in the top floor of the Egan building.

All types of games and gamers are welcome! Call 796-6517, or email [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu).

SUNDAY, NOV. 15

**REC Guard Closure**, All day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

MONDAY, NOV. 16

**National Student Exchange & Study Abroad Information Sessions**, 11:30 a.m., Mourant Lakeside Grill. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! We will be in the cafeteria to answer any and all questions you may have.

FRIDAY, NOV. 20

**Evening at Egan: Haa Yoo X'atángi Káx Kulagaawú - Dauenhauer Documentary Film Premiere**, 7 p.m., Egan Library. A film documenting the work and lives of Richard and Nora Dauenhauer and celebrating Tlingit language revitalization. If the film is not ready for screening, there will be an alternate presentation on Alaska Native Languages and Culture by Lance Twitchell. Call 796-6509 or email [chancellor@uas.alaska.edu](mailto:chancellor@uas.alaska.edu) for more information.

**UAS Dance Club - Latin Friday**, 8 p.m., Recreation Center. This is a great chance to learn and practice Salsa dancing. Beginners welcome. Instruction provided. Free to Rec Center Members, \$5.00 for non-Members. Call 796-6111 or email [mark.hopson@uas.alaska.edu](mailto:mark.hopson@uas.alaska.edu) for more information.

**Black Light Dodgeball**, 9:30 p.m., Recreation Center. Be sure to wear white/neon colors to the event. Bracelets and other bling will be available. New light to be added, making this even more intense than last year. Members Free, Guests of members \$5. Call 796-6544 or email [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu) for more information.

SATURDAY, NOV. 21

**UAS Annual Native Film Series: Drums of Winter**, 2:30 p.m., Egan Library. The NRSC and Woonch.Een hosts the November Native History Month Annual Native Film Series, featuring Drums of Winter. The film will be followed by a discussion led by faculty Lance Twitchell. FREE. Call 796-6454 or email [nrsc@uas.alaska.edu](mailto:nrsc@uas.alaska.edu) for more information.



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